



NAVAL REGIONAL MEDICAL CENTER

MEMPHIS, TN.

VOL. 11 NUM. 1

INSIDE



COMMANDING OFFICER REPORTS
BACK

CHIEF ARMSTRONG TALKS OF
CREO GROUPS

SAILORS OF THE QUARTER

MEDAL PRESENTED TO CHIEF,
NURSING SERVICE

DENTAL CLINIC FEATURE

EDITORIAL

CHIEF BAUM SPEAKS TO THE
STAFF

SOFTBALL SEASON BEGINS

MEDICATION

VS

SELF RELAXATION

Tired of 'popping' pills for those frequent tension headaches muscle spasms, or for that nervous stomach? Teach yourself a way to relax through self relaxation. It's a simple, painless procedure and you may feel better than you ever have.

"Self-relaxation", as described by Dr. Robert Strong, LCDR, MC, USNR, "is an unconscious state of mind." It is the ability to free patients of their learned limitations that are under conscious control. Once these conscious limitations are eliminated, the unconscious mind will become more acceptable to reasonable suggestions such as muscular relaxation, reductions of tension, inductions of anesthesia, and raising the pain threshold. "Self relaxation is not sleep, it's not anything I do to you, it's not voodoo nor is it mind control. It is simply teaching a person how to distract himself from his present discomfort or stress by concentrating on a particular object, thought or image and then relaxing. The patient does not lose self control; in fact he has more control over himself than he would in a conscious state of mind."

Dr. Strong, who received his residency at Charleston, South Carolina, has been utilizing the self relaxation program for a variety of conditions. For ex-

ample, in his obstetrical patients, Dr. Strong teaches the mother-to-be how to put herself into a relaxed state. Then he teaches the husband how to coach her so that he may be able to assist her through labor and delivery by using suggestions for anesthesia and increasing the pain threshold. When she can't feel a needle being stuck into her, that's pretty convincing.

LCDR Strong highly recommends self relaxation for pain reduction. Many patients requiring narcotics for pain have been able to markedly reduce their use or completely eliminate their pain through this type of self relaxation. For motivated patients, self relaxation has been helpful in eliminating such habits as smoking, stuttering and over eating. It can also be useful in reducing headaches of many causes including migraine.

"My biggest problem", says Dr. Strong, "is convincing people that it is harmless." Many people think of stage hypnotism when we talk of self relaxation. It is important to know that people cannot be "made" to do anything they would not do under other circumstances.

Nevertheless, those patients who have learned and used the self relaxation technique for their personal benefit, highly commend the program. So do I.

CAPTAIN R.M. LEHMAN, JR., MC, USN.....COMMANDING OFFICER
CAPTAIN G.C. BINGHAM, MC, USN.....DIR., CLINICAL SERVICES
COMMANDER F.E. BENNETT, MSC, USN.....DIR., ADMINISTRATIVE SERVICES

DUPLICATED BI-MONTHLY ON GOVERNMENT EQUIPMENT WITH NON-APPROPRIATED FUNDS AND IN COMPLIANCE WITH NAVEXOS p-35 REV. JULY 1958. DISTRIBUTED FREE OF CHARGE TO PERSONNEL OF THE NAVAL HOSPITAL MEMPHIS, MILLINGTON TENNESSEE. THE CLIPPER SOLICITS ITEMS FROM ITS READERS.

EDITOR-IN-CHIEF.....LCDR J.C. NEW, MSC, USN
EDITOR.....HN D.M. LAWING, USN
ART EDITOR.....HN M.W. SMITH, USN



To begin things off, I'd like to welcome you all to Naval Regional Medical Center Memphis' newspaper, 'THE CLIPPER': 'THE CLIPPER' has been in circulation for many years now, but due to lack of manpower we haven't been able to put an issue to press since July 1976. Being new at this sort of thing, I hope you will bear with me until I get my feet on steady grounds.

'THE CLIPPER' is a command newspaper and like all Navy Newspapers it not only serves the purpose of informing but it also gives personnel a chance to express themselves. After all, isn't a command supported by its personnel?

As editor, that's exactly what I would appreciate from my readers--support! You can start by reading the paper and instead of throwing it away, tossing it aside or what ever you would do with it, pass it on to your friends, co-workers, etc. By doing this you're not only passing on some 'good' reading material but you would also make me feel better. For a newspaper isn't serving its purpose if no one reads it.

Then after you've read it and passed it along, I would appreciate hearing your comments--good and bad--concerning its content or your overall opinion. I would, most of all, like to hear what you all would like to see in 'THE CLIPPER'. So, if your clinic, ward, or department has some news tidbit, or there's a special event that you would like to share with the rest of us, write me or give me a call at 5847.

Remember that this is our news paper and only with reader participation will 'THE CLIPPER' survive.

We're
counting
on
you.

From the CO

The Commanding Officer and Director of Administrative services met with the Enlisted Advisory Board at 1300 on 23 March. These are some of the topics that were discussed

Q: WHY IS THERE NOT A PHONE IN THE CORPSMAN DUTY ROOM ON THE THIRD DECK?

A: At present the command is over allotted on the number of telephones. Also, if a phone were installed, everyone would be awakened at night when the phone rings. I just do not see the necessity.

Q: THERE SEEMS TO BE A GENERAL CONFUSION OVER UNIFORMS FOR ENLISTED FEMALES FOR THE SUMMER PERIOD. CAN THE WOMEN WEAR THE BLUE PANTS (SUMMER BLUE "B")?

A: Summer uniforms authorized for females are as follows:

- 1) Service Dress light blue.
- 2) Summer blue "A".
- 3) White pant suits (if in direct patient care).
- 4) Summer blue "B" will be authorized for wear as an optional uniform.

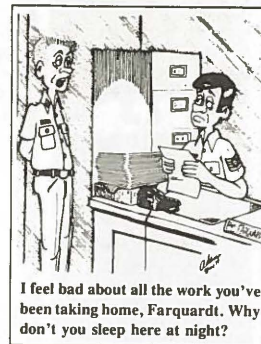
Q: WHY CAN'T ALL ENLISTED MALES WEAR TROPICAL WHITE LONG THIS SUMMER? WHITES ARE RESTRICTED TO PATIENT CARE AREAS BUT IT WOULD LOOK MORE PROFESSIONAL TO BE ABLE TO WEAR WHITES.

A: Tropical White long will now be prescribed as an optional uniform for all male personnel.

Q: WHY CAN'T SOMEONE WHO LIVES IN THE BEQ DRAW COMRATS? THE SYSTEM SEEMS TO BE UNFAIR IN THE WAY COMRATS ARE AUTHORIZED.

A: It is a matter of dollars and cents. If all personnel living in the BEQ were allowed to draw Commuted Rations it would cost the command approximately \$1,500 per month. This would in turn increase the cost of rations, thereby exceeding the standards set by the Chief, Bureau of Medicine and Surgery.

Q: WHY CAN'T THE BEQ RESIDENTS HAVE A STOVE AND PREPARE THEIR OWN MEALS?



I feel bad about all the work you've been taking home, Farquardt. Why don't you sleep here at night?

A: This is in violation of both safety and sanitary regulations. I will investigate the possibility of providing a microwave oven in each unit that would meet the proper standards.

Q: WHY ARE THERE "DOUBLE STANDARDS" e.g., HAIR REGULATION OF SOME OFFICERS DO NOT CONFORM TO MILITARY STANDARDS?

A: There are no double standards. If an officer is in violation of hair regulations I reprimand him and he stands the next personnel inspection. The same holds true with some of the enlisted. Some of them are constantly having to be reminded to get a hair cut. Any person failing personnel inspections will stand the following inspection until he or she passes.

Q: WHY AREN'T COMPENSATORY DAYS AUTHORIZED ANY MORE FOR DUTY STOOD ANY DAY OF A HOLIDAY WEEKEND?

A: In accordance with BUPERS Manual, compensatory time may be given only for duty which is stood on the holiday itself. The hospital instruction was changed to conform with the standards set by the Chief of Naval personnel.

From the Senior Enlisted Advisor

BY HMC J.A. BAUM

Since the retirement of Master Chief Paux last November, I was asked by the Commanding Officer to assume the duties as the Senior Enlisted Advisor at Naval Regional Medical Center Memphis. Naturally, I accepted. Although this responsibility is a full time job, I am still continuing as the Enlisted Assistant to the Chief, Staff Personnel Service. I am rapidly discovering that wearing two hats leaves me without much spare time.

Whenever the opportunity arises, I like to get away from my desk and visit the different

Continued page 4

SAILORS of the QUARTER

HM2 Randy Kline, from pharmacy has been selected as the rated SAILOR of the QUARTER over some tough competition. Commanding Officer, Captain Lehman, presented Kline with his certificate during the March personnel inspection.

Battle Creek, Michigan, is Randy's hometown and his place of enlistment into the Navy in August 1970. He went to boot camp at RTC Great Lakes and then transferred to San Diego to attend corps school and pharmacy school.

During his leave after corps school, Randy married his college lady, Mari Lynn Criswell.

Upon completing his schooling, Kline received orders to Camp Pendleton. After a year with the Marines, he was transferred to the USS NEW ORLEANS (LPH) which was stationed off the coast of Viet Nam transporting Marines to and from the Island.

One of his most remarkable experiences during his two years at sea, was the picking up of SKYLAB I, II, and III astronauts.

HM2 Kline reported on board NRMCF in September 1975 after shipping over the previous summer. Randy is presently the senior corpsman under Chief Rowe. His duties consist of ordering supplies and other administrative work along with the regular duties of a pharmacy tech such as dispensing medications to the wards and out patients.

Randy currently attends Memphis State in a pre-pharmacy course. He is also an avid bowler and golfer. Randy and Mari have one daughter, Susan Rene.

During the March personnel inspection, Captain Lehman presented HN MARK SMITH with the non-rated SAILOR of the QUARTER certificate.

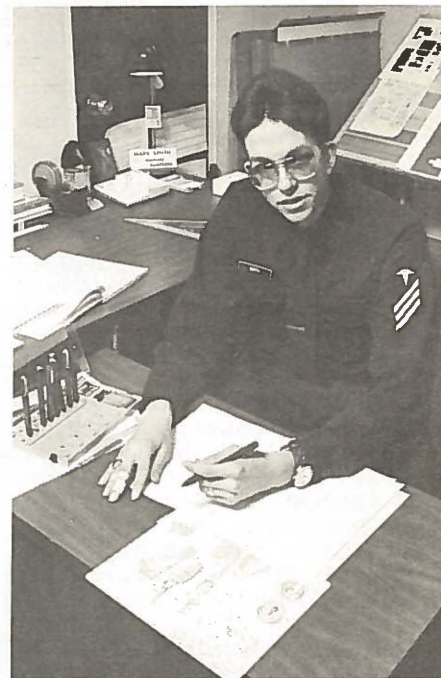
Mark hails from Dallas, Texas, where he joined the Navy in January 1975. He then traveled to San Diego, Cal., to attend boot camp and remained there for corps school. Upon graduation, Mark went back to Dallas to marry his high school sweetheart, Suzanne Aduddell.

When Smith reported on board at NRMCF, he was assigned to the Pediatric Ward for five months. Then he transferred to Patient Affairs and worked the admission desk.

Since March 1976, HN Smith has held the position of hospital illustrator in the Education Office. His job consists of a variety of tasks ranging from maintaining the film library and its audio-visual aids to being the art editor of "THE CLIPPER".

At present, Mark has no plans for reenlisting. When his time is up, he plans to attend the University of Texas, the Dallas Branch, majoring in medical illustration. His wife, Suzanne, is presently working for her Bachelor's degree in Elementary Education through Memphis State.

In the mornings, you can spot Mark coming to the hospital on his Honda. His other favorite pastimes include swimming, playing badminton, recording music, or competing on his Church's softball team.



CIVVY SAVVY

BY Francis Hawthorne

So far this has been an active year for civilian comings and goings. Since the first of the year, nine new employees have reported aboard. Welcome to: Mary Ann Snell, Librarian; Ethel R. Transou, Anthony E. Allen, Shulton L. Rubin, Jimmie L. Dorse, who came to work in the Operations Management Service; Herbert Clark, Food Management Service; Ellen M. Young and Wanda L. Layman, Nursing Service and Beverly J. Farris, Data Processing Service.

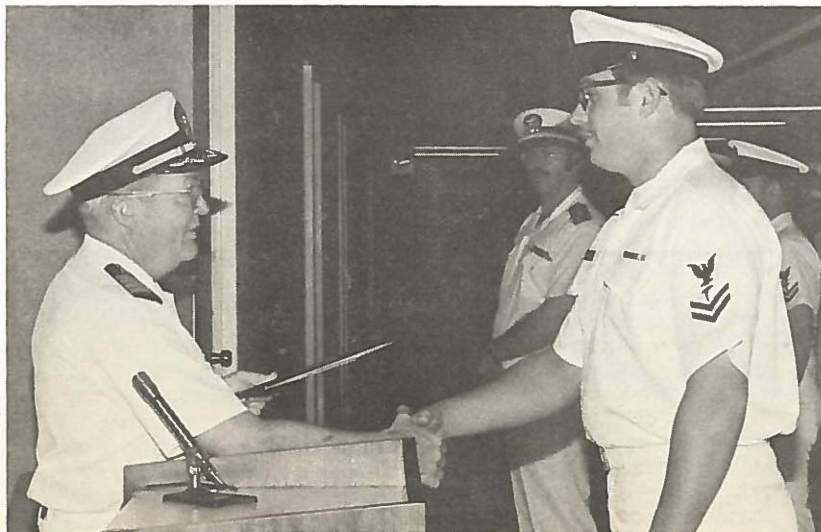
Our best wishes go with the Following: Josephene R. Noah Nursing Service; and Iness V. Hodge, Operations Management Services, who have joined the ranks of the retired.

We are happy to see Pierce Williams, Operations Management Service, move on to greener pastures in Florida, but sorry to lose his services.

Linda M. White, Nursing Service and Carol D. Huston, Data Processing have resigned and they will be missed.

Gayle McElhaney of the Patient Affairs Service has been appointed the Federal Women's Program Coordinator for this command. Among her duties will be assisting Dorothy Hancock,

Continued page 4



COMMENDATION MEDAL AWARDED

Captain R.M. Lehman, Commanding Officer of Naval Regional Medical Center Memphis, proudly presented the Navy Commendation Medal to Captain Helen Furmanchik, Chief, Nursing Service in a recent ceremony.

Captain Furmanchik received the medal for meritorious achievement in the superior performance of her duties while serving as Chief of Nursing Service from 1 March 1976 through 31 October 1976. In specific, three outstanding contributions are due in great part to her professional dedication. The adoption of the problem oriented nursing notes on inpatient records resulted in their becoming more meaningful and stimulated interest in patient care and progress.

Moreover, she was highly instrumental administratively in the establishment of an on-going emergency medical technician course. Her continual dedication to duty resulted in a high number of requests for augmentation and tour extensions in the Nurse Corps Officers at this command.

Captain Furmanchik's exceptional professional leadership and dedication to duty reflect great credit upon herself, the Medical Department and the United States Naval Service. Furthermore, we here at NRMC Memphis take great pride in calling her ours!



It was the best kept secret"

CIVVY SAVVY Continued from pg 3

the Deputy Equal Employment Coordinator, in administering the activities EEO program.

Mr. J. B. Thompson of the Consolidated Civilian Personnel Office was guest speaker at the EEO committee meeting on Friday, March 25th. He presented a very interesting lecture on upward mobility.

The local Equal Employment Opportunity committee meets bi-monthly on the last Friday of the month. Members of the committee are published in the NRMC Directory. Any civilian employee who has questions concerning EEO or who would like to provide input into the program should contact one of the committee members or one of the EEO officials.

HELPFUL HINT.....Should you need to go to the Consolidated Civilian Personnel Office, you should call first to make an appointment. By so doing, you could save yourself a long wait and even a need to make an extra trip. A telephone call will simply assure you that the specialist you need to see will be available to help you. You may make the telephone call yourself or someone in Staff Personnel Service will be glad to call for you. Just be sure to get permission from your supervisor before you leave your work area. You do not need to tell your supervisor your reasons for visiting the Civilian Personnel Office, but you are required to keep your supervisor advised as to your whereabouts, and your absence MUST BE SCHEDULED AT THE CONVENIENCE OF YOUR DEPARTMENT.

CHIEF BAUM

Continued from pg 2

work centers to talk with as many of you as I can. This is the best way that I know of to find out what's going on throughout the Medical Center, including the Branch Clinic. There are now some 379 enlisted members in the command, so it is virtually impossible to see everyone. I realize that for many of you it is also difficult or else impossible to get away during working hours.

I would like to comment that from what I have observed, the majority of the staff are doing a superb job in carrying out the various missions of the command. I believe that with everyone doing their fair share that the Naval Regional Medical Center Memphis is truly second to none. I hope that everyone continues in this direction.

CAREER SCOOP

BY HMC Armstrong

Q: WHAT ARE CREO GROUPS AND WHAT IS THE STATUS OF THE HM/DT RATINGS?

A: Five groups are established within the CREO system. Groups A through E reflect specific conditions of career manning within individual ratings, ranging from extremely short to excessively overmanned.

GROUP A: RATING CAREER MANNING IS LESS THAN 75%

GROUP B: RATING CAREER MANNING IS BETWEEN 75 and 89%

GROUP C: RATING CAREER MANNING IS APPROXIMATELY CORRECT (90-105%)

GROUP D: RATING CAREER MANNING IS IN EXCESS OF 105%. FIRST TERM REENLISTMENTS OR EXTENSIONS NEED NOT BE DIRECTLY CONTROLLED BY BUPERS

GROUP E: RATING CAREER MANNING IS IN EXCESS OF 105%. FIRST TERM REENLISTMENTS OR EXTENSIONS REQUIRE BUPERS APPROVAL. SUBSEQUENT REENLISTMENTS MAY ALSO.

The overall intent of CREO controls is to bring all ratings in line with Group C. Partial success has been achieved Navy-wide and effective 1 March 1977, the HM/DT ratings moved into Group D. Commanding Officers are again in a position to reenlist first termers without prior approval from the Bureau. However, second and subsequent reenlistments for those with less than ten years of service will still require submission of request to BUPERS for determination. Special request chits to reenlist should be submitted approximately five months prior to reenlisting and submitted via the chain of command.

For answers to your career orientated questions, stop by and see me.

PADRE EDWARDS SEZ

Most people are great believers in the two-party system: one on Friday and one on Saturday, but not for church call on Sundays. We won't raise hell, but we'll contact heaven, 0930, Sunday.

DENTAL CLINIC

Somewhere on the third deck there lies a very important but often forgotten department. Forgotten, that is, until we need to visit because of a toothache. This department is the DENTAL SERVICE, of course, and most of us see it once a year when we get our teeth cleaned, unless we haven't been taking care of our teeth properly in which case we may see it more frequently. But let's leave that lecture for the Dental techs.

We're fortunate to have such qualified personnel taking care of our teeth. Did you know that all our dental techs are qualified x-ray technicians? That's right, and DT3 Ben Haynes and DN Bridget Hernandez are also qualified O. R. techs. So you're in good hands with NRMCMFS's dental techs.

The clinic is divided into three major disciplines of dentistry--oral surgery, preventive dentistry and restorative dentistry.

Captain Cummings is the oral surgeon and Chief of Dental Services. Captain Cummings and DN Cindy Scheller perform a variety of procedures such as extracting teeth, removing specimens for biopsies, reducing maxillary and mandibular fractures, and splinting broken teeth.

LCDR Brown is responsible for preventive dentistry and restorative procedures. DT3 Ben Haynes is chairside assistant in restorative dentistry. Restorative dentistry consists of silver and composite restorations, root canals and other treatments of conditions that affect the tooth pulp and peridental tissues.

DN Bridget Hernandez is the



DR. BROWN AND DT3 HAYNES WORK OVER A WILLING DTC OLIVER, USNR.

preventive dentistry tech. So if you want a lesson in the proper care of teeth, Bridget is the one to see.

Bridget's tasks revolve around cleaning teeth. First the calculus is removed, then the teeth are polished with prophylactic paste and then fluoride is applied. DN Hernandez instructs patients on the "how to's" of caring for their teeth. Biting x-rays are also a routine part of having your teeth cleaned.

The purpose of preventive dentistry is to prevent carious lesions and peridental diseases. If you experience any bleeding, take a trip to the dental clinic for a check-up. Bleeding and increasing redness are two symptoms of peridental disease.

Behind the scenes in the clinic, we find DTL James Lehr. He is the enlisted supervisor and administrative assistant. His duties include: checking in people for their appointments or on board, assisting in surgical procedures and setting up appointments.

The clinic has capabilities of seeing forty-five patients a day. Although they only clean staff dependents' teeth and treat only staff members with an occasional referral from southside, the clinic is the only military emergency oral surgery clinic for Western Tennessee.

Our dental staff does their work with pride and confidence, maybe it's time for us to be proud of and have confidence in them.

DN HERNANDEZ CLEANS THE TEETH OF TONI HOOD, DAUGHTER OF HM2 BARRY AND SHARON HOOD.

SENIOR CORPSMAN

HN RICKY HALLMARK is in the spotlight this month. At the time of this interview, Ricky was senior corpsman on the orthopedic ward. At present, he is working in the ortho clinic.

HN Hallmark comes from Locust Fork, Alabama, where he entered the Navy in May 1975 on the "buddy system". He attended boot camp at RTC Orlando and then transferred to San Diego, Cal., for corps school. Upon completion, he received orders to NRMCM Memphis and reported on board in November 1975.

Prior to his enlistment, Ricky had completed one year of premed school at Jefferson State University in Birmingham, Alabama. He has no plans for re-upping but he is planning to complete medical school with the help of his wife, Sue, who he married in May 1976. He is presently considering to major in orthopedics but states that his mind might change once he gets back into school.

As senior corpsman on 5-West, Hallmark's duties included ordering supplies, making rounds with the doctors, passing meds, and working with patients in traction. He said that he enjoys working with patients but as things were, he didn't have as much time as he would have liked to spend with them.

Since joining the Navy, Ricky states that it has helped him to recognize and accept his responsibilities. He was selected as one of the Sailors of the Quarter for last quarter. Hallmark is also an active member of the Commanding Officer's Enlisted Advisory Board.

In his spare time, we can find Ricky either playing football or restoring old furniture.



ANNOUNCEMENTS

CONGRATULATIONS to HM3 KENNETH WYRICK who reenlisted for six years on 25 March.

CONGRATULATIONS to MS. GOLSON who became MRS. ROBERT JONES 25 EB 77.

HM2 HAROLD HEARSHMAN and LT JORELEI PESKE tied the knot arch 25th.

HN COLONY REED and HN MARK ULLARD set the date for July nd.

HM3 O. MILLER and MISS VALERIE HISUM of Tipton County exchanged vows 7 May.

On 23 April, HM3 GEORGIA ASEY became HM3 JOHN TEMPESCO's better half.

HN BALCARCEL received his OJT certificate for Cast Tech 16 MAR

HN PEGGY SCHULER and HM3 DAN OLLENKAMP exchanged vows 25 arch.

T JAMES NORMAN was promoted to is present rank 6 April. ENS RODNEY LEWIS assisted CAPTAIN EHMANN in the frocking.

APTAIN HELEN FURMANCHIK received the Navy Commendation Medal n 6 April. CAPTAIN LEHMAN did he honors.

CONGRATULATIONS to HM2 SHERRY RNOLD who reenlisted for four ears 27 April.



TRANSFERS

HN D. PYLE-NAVSUBCEN, GROTON, CT
LTjg P. WILLIAMS-CAMP SMEDELY
HN R. CANDLISH-NRMC GREAT LAKES
HM3 J. WHITE-HSETC PORTSMOUTH
HM3 K. SOULE-FMS CAMP PENDLETON
HM3 J. SCHROEDER- SUBSCH GROTON
HML C. HOGENMILLER-OPTHSCH YORK TOWN, VA.

HM2 M. ZIMLICH-MIRAMAR, CALIF.
HM3 L. HUCK-NAVHOSP ROOSY RDS PR
HM3 M. GOWIN-HSETC PORTSMOUTH VA
HN D. BECKER-NAS NORTH ISLAND
HN E. HOLMES-SINGLETON- NRMC PENSACOLA

HM3 E. BROWN-OR SCHOOL, BETHESDA
HN R. CHILAR- NRMC OAKLAND
HN M. FLANARY-NRMC PORTSMOUTH
HM3 R. FLOWERS - NNMIC BETHESDA
IC2 H. FISHER-USS VOGEL, MAYPORT
HN K. HAMLIN-NRMC GREAT LAKES
HN J. IRVAN - USS PONCE
HM3 J JOHNSON-USS POINT DEFIANCE
HM3 R. NELSON-PT'C' SCHOOL, FORT SAM HOUSTON

THE STORK REPORT

HALL

1 Jan. 1977
ROBERT LLOYD "BINKY" HALL
Weight: 7 lbs 9 1/2 oz.
Parents: Randy and Jacqueline

SIMPKINS

10 JAN. 1977
AMANDA CATHERINE SIMPKINS
Weight: 8 lbs 13oz.
Parents: LCDR and Linda

JONES

22 JAN. 1977
SHANNON DENISE JONES
Weight: 5 lbs. 10 oz.
Parents: Alphonso and Vera

MARTIN

26 JAN. 1977
AMY JENNIFER MARTIN
Weight: 5 lbs. 7 oz.
Parents: David and Karen

CADELL

1 FEB. 1977
MICHAEL ALVIN CADELL
Weight: 7 lbs. 13 1/2 oz.
Parents: Lehland and Masako

KOHN

2 FEB 1977
SAMANTHA ALICE KOHN
Weight: 6 lbs. 13 1/2 oz.
Parents: LCDR and Adeline

CHILDS

5 FEB 1977
JARAD LAMAR CHILDS
Weight: 7 lbs 5 oz.
Parents: Lamar and Donna

TIPTON

8 FEB 1977
NANCY EZELL TIPTON
Weight: 7 lbs. 8 1/2 oz.
Parents: David and Cindy

WALTERS

21 JAN 1977
JENNIFER LYNN WALTERS
Weight: 4 lbs. 7 oz.
Parents: Kenneth and Cheryl

SCHOCKEY

11 FEB 1977
CASEY ADAM SCHOCKEY
Weight: 6 lbs. 7 oz.
Parents: Fritz and Arelene

ROBERTSON

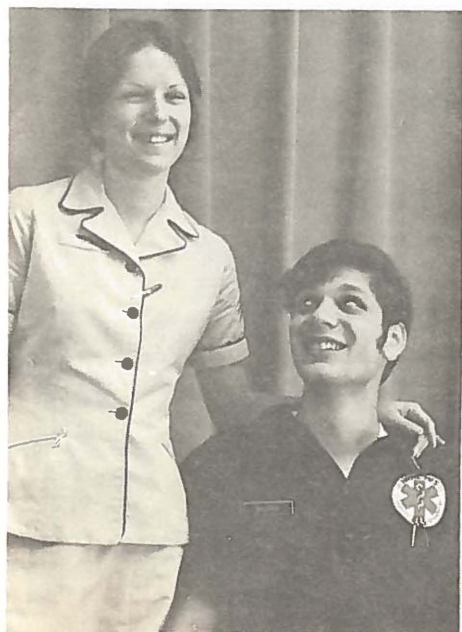
24 FEB 1977
AMI BRIANA ROBERTSON
Weight: 7 lbs. 6 1/2 oz.
Parents: Michael and Valerie

MITCHELL

CHRISTOPHER JOHN MITCHELL
Weight: 7 lbs. 4 oz.
Parents: LCDR J.S. and Caroline

JORDAN

15 MAR 1977
FALISHA MICHELLE JORDAN
Weight: 6 lbs. 12 1/2 oz.
Parents: Ronald and Many



Navy Campus for Achievement

BY Cecilia Jones

Navy Campus for Achievement (NCFA) refers to an activity designed to provide off duty voluntary education to Naval personnel, dependents and interested civilians. NCFA encourages and assists in all civilian education pursuits. The activity maintains professional education advisors to provide technical guidance concerning educational programs.

The Chief of Naval Education and Training Support (CNETS) is the executive agent for the Navy Campus for Achievement. NCFA activities are worldwide, operating through regional centers. The three regional centers are: Naval Education and Training Support, Atlantic, Norfolk, Virginia; Naval Education and Training Program Development Center, Pensacola, Florida; and Naval Education and Training Support, Pacific, San Diego, California.

Navy Campus for Achievement Naval Air Station Memphis is regulated by Naval Education and Training Program Development Center, Pensacola, Florida. NCFA Memphis provides on base instruction through six institutions: Memphis State University, Memphis, Tennessee; Shelby State Community College, Memphis, Tn.; State Technical Institute of Memphis, Memphis, Tn.; University of Arkansas, Fayetteville, Ark. Pepperdine University, Santa Ana California; and Embrey-Riddle Aeronautical University, Daytona Beach, Florida. Each institution listed has a full time on base representative to assist Naval personnel in admission procedures, program selection, course scheduling, etc.

MRS. CECILIA JONES is the Navy Campus for Achievement Education Advisor for the Naval Regional Medical Center. She will assist you in obtaining tuition assistance, Veteran education benefits, desired classes/courses, necessary tests, and education counseling.

LADIES SOFTBALL

Each spring brings the sight of fresh vegetation, the warm touch of the sun and the crackling sound of another softball season. Not to be outdone by the men, the ladies at NRMC Memphis have formed a team again this year.

The "Stars and Strikes"

coached by Chief Philip Armstrong of the Education Office, are looking better with each practice. With the expertise of LCDR Riddle on first, LT Dooling on second, Betty Yancey on third Cheryl Gaines as shortstop, Connie Wheeler as catcher, and Ethel Jones from Human Resources Management as pitcher, the ladies may prove to be some tough competition for the other teams.

Other team members are: Lola Blanton, Karen Carney, Georgia Casey, Wendy Gustin, Linda Hoffman, Carol Martin, Penny McCarver, Lynda Robinson, Diana Todd, Sheila Williams, Dawn Lawing, Emily Arthur, Roxanne Fahnestock Anna Marie Keil, and Lynn Landry

So sports fans, keep an eye open for the game schedules and come on out and support your favorite lady.

BASKETBALL ROUND-UP

BY O. J. Miller

The NRMC 76'ers kept up the tradition by representing NRMC Memphis with a very good and talented basketball team. The 76'ers, coached by HM3 "OJ" Miller and HM3 R. "Archie" Marsh, finished the season with an impressive record of 13 wins and 2 losses. The 76'ers were strong favorites in intramural playoffs but were upset by a stronger MARTD team 48 to 44 in their first game of the tournament, thus putting them in the loser's bracket. The 76'ers kept their hopes of a championship alive by defeating DENTAL, the only team to beat them twice, in overtime 57 to 50. Then the 76'ers went on to play AIMD and showed signs of running away with the game. At the half, the 76'ers were in command, but the AIMD team would not fold and the momentum of the game changed hands. AIMD led by as many as 9 points during the second half. In the last 2 minutes of play, the 76'ers pulled within 4 points, but couldn't get any closer, losing 44 to 40 and closing out an overall good season of basketball.

The 76'ers were led by HM3 D. "THE DREAM" Powell with his good ball handling and sharp shooting eye, DT3 Ben Haynes, good outside shooting, HM2 Shepard Thomas, leading rebounder, HN R. Brooks, also a good rebounder, HM3 J. White, HN N. Johnson, who was the "6th" man, HM3 K. Wyrick HN S. McLeskey, HN O. Daugherty, HN B. Fanger, HN J. Allison, HM3 A. Peterson, and HN B. Foster, who was out most of the season after a chest operation. Plans

for a team picnic are being made to complete the season.

There were some better than others, but the 76'ers played like a team. The moral support for the team was great; there was always someone there cheering the team on.

SOFTBALL AT NRMC

BY O. J. Miller

NRMC Memphis is planning to open its closed intramural slow pitch softball league for the third year. The season is scheduled to open the first week in May. The teams are made up of staff members of NRMC and the Branch Dispensary. This year there are six teams entered: THE MISFITS, coached by CWO2 S. Beaver; TONY'S TIGERS, coached by HN T. Steele; THE FIGHTIN IRISH, coached by HN M. McGuire; BLUE RIBBON CHAMPS, coached by HM2 L. Clemmons; OFFICERS, coached by LT Clarkson; and O.R., coached by HN R. Hall.

The league winners, ENT, of the first two seasons will not be represented this year, but there will be a lot of action, good ball playing and fun. The league winner and the 2nd place team will represent NRMC in the base tournament at the end of the season. So come out and support your favorite team as they play on the NRMC field. GOOD LUCK TO ALL THE TEAMS entered this year.



"Johnson, we all have certain goals and needs. My goal is to yell every day and your need is to be yelled at!"

MERKLEY

22 MAR 1977

MEGAN ANELLE MERKLEY

Weight: 8 lbs. 1 1/2 oz

Parents: LT. and Jeanne

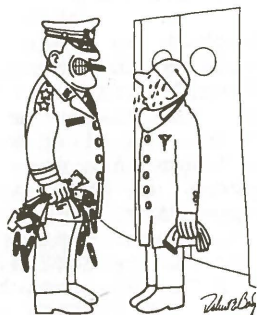
REYNOLDS

4 APRIL 1977

CORRIE LEIGH REYNOLDS

Weight: 8 lbs. 11 oz.

Parents: LT and Sharon



"... very well, sir. Then it is a boy."

ADVANCEMENTS

TO HM1

WARREN PLAMANN

JIMMY SCHERMERHORN

TO HM2

SHEPARD THOMAS

JAMES SCHROEDER

TO HN

A.M. CADOGAN

M.F. GAINNEY

T.M. GRISWOLD

R.E. HALL

F.J. HANKINS

C.J. HORVATH

N.L. JOHNSON

J.D. LOPEZ

L.R. LEWIS

J.T. O'KANE

J.T. IRISH

J.L. CONNOR

J.P. PATTON

P.J. SMITH

S.K. WILLIAMS

R.E. JORDAN

D.C. CARTER

M.R. WEIR

HAIL

CDR HANES

LCDR HICKS

LCDR SASSER

LT CLARK

LT BARTLETT

HN FORD

HN TURNER

HN TAYLOR

HN CROCKER

HN MCPHERSON

HA STATLER

HA LITTERELL

HA DURHAM

HA CARR

HA MEYERS

HN WEIR

HA GREGG

HA PALAFOX

HA HARRIS

HA MAYOZA

HA FOWLES

HA DIRBY

HA CRAYNE

HA RENSHAW

HA KHAN

HA SMITH

HA RANDLE

HA JOHNSON

HA ROBINSON

LT NORMAN

ENS KEIL

LT ARCHIE

LT HOFMAN

ENS SCHUTTE

ENS HOFFOWER

HM1 LANDON

HM2 CLEMMONS

HM2 SLIGER

HM3 GROSE

HM3 MAYBRY

HM3 PUTNUM

IC3 HOLLOWAY

HN MCCOOL

HN TATUM

HN ESHELMAN

HN WHITE

HN FOURNIER

HN DAVIS

FAREWELL

LTjg BESSOIR

HMC CREECY

QMC GASKILL

HM3 WILSON

HM3 LEWIS

HM3 JERNIGAN

HM3 HARTMAN

HM3 HEIDENHEIM

HM3 ROBERTS

HM3 DOCHTERMAN

HM3 DAVIS

HM3 GRIM

HM3 STEPHENS

HM3 SNYDER

HM3 PHILLIPS

HN HUGHSON

HN MCNEELEY

HN RAY

HN DISTEFANO

HN BUSH

HN BERTRAM

HN JONES

HN JOHNSON

HN THOMPSON

HN GOMEZ

HM3 EDINGTON

HM2 L. SULLIVAN

HM3 G. POWELL



HM1 Schermerhorn, HM1 Plamann, and HM2 Thomas were advanced to their present rank in a triple ceremony officiated by Capt. Lehman.

